

## CONTACT US

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Have you signed up to receive our Newsletter yet? With just a couple of clicks you can stay up to date with the latest activities and classes offered at Vista Grande Community Center. Newsletters are emailed out to you based on programs and information on a monthly to quarterly basis. To sign up for our newsletter please visit <http://www.bernco.gov/subscription/> and answer a couple of quick questions.

## 2012/2013 COUNTY HOLIDAYS

Christmas Eve Holiday –Monday, December 24, 2012  
Christmas Day Holiday –Tuesday, December 25, 2012  
New Year's Day–Tuesday, January 1, 2013  
Martin Luther King Day–Monday, January 21, 2013  
Spring Break Holiday–Friday, March 29, 2013  
Memorial Day–Monday, May 27, 2013



## VISTA GRANDE COMMUNITY CENTER

*WINTER 2013*



### Recreation and Leisure

- Youth, Adults, and Senior Citizens
- Open Gym, Weight Room, Fitness Classes
- Community Theatre, Art Camps, Quilters
- And much more, just waiting for you to explore.



Bernalillo County







### Humanity Quilters

This is a non-profit group that makes quilts from donated materials and supplies. Many of their pieces are given to places such as the Bethel Community Storeroom, Tijeras Food Pantry, Safe House, Albuquerque Mission and many more. If you would like to donate supplies, material or become involved in helping out please stop in on Thursdays mornings.

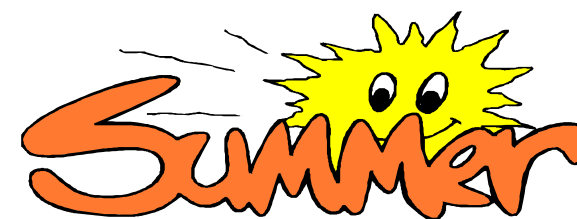
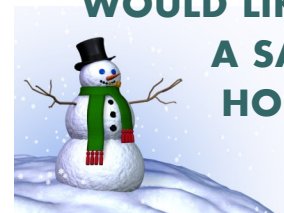
When: Thursdays

Time: 9:00am-12:00pm



## SPECIAL EVENTS/INFORMATION

**VISTA GRANDE COMMUNITY CENTER  
WOULD LIKE TO WISH EVERYONE  
A SAFE AND HAPPY  
HOLIDAY SEASON.**



### Summer Employment Opportunities

Apply beginning in January for summer employment. Applications can be picked up at VGCC or downloaded at <http://www.berncogov>.

## East Mountain Garden Club

Do you have a green thumb or an interest in learning more about gardening? Join the Garden Club! This is a social club that meets monthly. The meetings are full of information shared by both members and guest speakers. This is also a great way to become involved with charitable projects. First Tuesday of each month, from 9:45am to 11:30am. There is a \$10 annual membership fee.



### Remembrance Garden

Is a peaceful place for the mountain community to visit, reflect and remember loved ones they have lost. Personalized engraved bricks line the edge of the inner circle. The bricks can be engraved with the names of both people and/or beloved pets. The cost per brick is \$40.00.

## Photography Classes

Have you always wanted to learn Photography? Now you can! Take a class with Award Winning Photographer, Jodi Newton.

Develop your photographic eye through a series of classroom meetings, exercises and assignments. Topics include ISO, shutter speeds, aperture settings, fill flash composition

You will learn how to find the best light, take advantage of weather, improve your basic camera techniques, notice and capture unique and interesting subjects and to “think outside the camera box.”

Tuesday nights starting in January 6:30pm to 8:00pm  
Contact Jodi Newton at (505) 281-0331



## Table of Contents

Welcome	4
Facility and Field Use	4-5
Youth Sports	6-7
Youth Programs	8-11
Performing Arts	12
Weight Room and Fitness Classes	13-16
Open Gym	17
Adult Classes and Groups	18-19
Special Events and Announcements	19



### “You Ought To Be Having Fun”

Bernalillo County Parks and Recreation is responsible for creating and providing Recreation, Leisure and Community Services necessary to promote public well being and quality of life for youth, adults, senior citizens and special populations of Bernalillo County. The Parks and Recreation Department strives to provide access to all programs and services for every county resident.

## WELCOME

Vista Grande is the newest community center operated by Bernalillo County Parks and Recreation. We serve participants of all ages from the Pre-K years up to and including senior citizens. The center sits on a 28 acre site and is the home of the East Mountain Little League with 5 little league fields, a multi-purpose soccer field, 2/3 mile paved walking trail that meanders around the baseball fields and facility, a path that rambles through the wooded parts of the property and a new dog park. In 2011 we added a 5,100 square foot weight room and aerobic room. Vista Grande is also home to the Fisher and Smith Memorial Gymnasium. This is a beautiful 10,150 square foot double sized gymnasium, which allows it to be set up with 2 full length basketball courts using a curtain divider or 3 volleyball courts.



## Facility Use

Are you looking for a space to host a birthday party, family reunion, or a class? Vista Grande Community Center has rooms available for rent to meet nearly any type of event. Hourly rental include set up and clean up. Chairs and tables are included in the cost. There is a three hour minimum for rentals that fall outside of our normal business hours.

Room:	Max Occupancy	Rental Price
Multipurpose Room	140	\$35.00/hr.
Computer Lab	25	\$25.00/hr.
Art Room	25	\$25.00/hr.
Stage	40	\$15.00/hr.
Class Room	45	\$25.00/hr.
Gym	600	\$75.00/hr.
Kitchen	5	\$15.00/hr.

## OPEN GYM



### Open Gym Volleyball

Wed: 6:30pm-8:30pm  
 Fridays: 6:30pm-8:30pm  
 Saturdays: 12:00pm-4:00pm

Cost: Free

Can't get enough volleyball in your life? We are now open three days a week for those who enjoy playing volleyball. Bring your friends, co-workers and family for pick-up games.

Teams are comprised of 6 players based on a first come first serve. Winning team of first game played gets to play the next team waiting. After That, each team whether they win or lose plays two games and then sits and waits in line for their next game.



### Open Gym Basketball

This program is designed for anyone who wishes to play a competitive game or non competitive game of basketball, for ages 16 and up every Tuesday and Saturday.

Tuesdays: 6:30pm-8:30pm  
 Thursdays 6:30pm-8:30pm  
 Saturdays: 4:00pm-6:00pm  
 Cost: Free



### Open Gym Indoor Soccer

Do you have the love for soccer. Indoor soccer is a great way to enjoy the sport in a climate controlled environment.

Sundays: 8:00am-12:00pm

Cost: Free



## Tai Chi

Classes are ongoing, please call the instructor for start dates. Classes use a form consisting of 19 easy to learn movements by all ages, brings serenity, balance, increase sense of well being and health to all who practice it.

When: Mondays

Time: 1:30pm-2:30pm

Instructor: Beverly McFarland

Cost: \$100, 8 lessons



## Karate (Adult)

Classes are taught to develop an excellence of technique, self discipline and Self-confidence.

When: Tuesdays and Thursdays

Time: 6:30pm-7:50pm

Style: Shorin-Ryu & Okinawan

Cost: \$52.99 + tax monthly

\$145.00+ tax quarterly

Instructor: John Swenson

For more info call 505-307-8212



## Early Bird Basketball

Are you an early bird with a passion for Basketball? Then Early Bird Basketball is just for You. This is an open gym format. So come and shoot some hoops and enjoy a game of basketball before your day begins. This program is year round.

When: Tuesdays

Time: 7:00am-8:00am

Cost: Free



## Outdoor Areas



## Field Use

Bernalillo County has contracts with various entities regarding field usage. The soccer field, playground and trails are open to the public. Please note an organization may have priority usage. To check on availability or reserving a field for a special occasion or for an organization please contact Bernalillo County Sports for more information at 505-314-0415.



## Dog Park

A public dog park is the most recent addition to the Vista Grande Community Complex. It is located just north of the baseball fields, East of the community center. The scenic park is fully fenced and includes a dog water fountain and clean up stations.

Please make sure that all dogs are friendly with other dogs and are current on their shots while enjoying the park.



## Trails

There are trails all throughout the 28 acre complex ranging from paved pathways weaving in and out the developed areas and over to San Antonito Elementary to dirt pathways meandering through the wooded open space behind Vista Grande Community Center and East Mountain High School. The paved pathways are ADA accessible and the trails leading through the wooded areas offer a low to moderate hike. The views are amazing!



## YOUTH SPORTS IN THE EAST MOUNTAINS



### East Mountain Soccer League

AYSO Section 12, Area C, Region 671

<http://www.eastmountainsoccer.org/>

505-750-3553

There are two seasons: one in the fall and one in the spring. Each season consists of eight weeks of games on Saturdays. U8 and older also have an extra 2-3 weeks of midweek practices. Spring season typically runs from mid March through May and the fall season typically runs from mid August through October, though season dates are adjusted to minimize conflict with school and national holidays. Registration for the Spring Season usually occurs in late fall (Oct./Nov./Dec), while registration for the fall season usually occurs in the late spring (May/June). Visit the Registration Page for current registration information. You can also call or e-mail to be added to our mailing list for registration notification

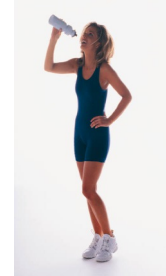


### East Mountain Little League

<http://www.emll.net>

505-286-1484

EMLL is in New Mexico District 5, within Little League's Southwest Region. In 2009, we fielded more than 300 players, on 26 teams. Lower division baseball teams- from Tee-Ball through Minors play all regular season games at the home fields. Majors, Juniors, Seniors, and all levels of Softball play an interleague schedule, with home games at Vista Grande, and away games in Albuquerque. Our home fields are located at the Vista Grande Community Center. Register at VGCC on Feb 2, 2013.



**Zumba** program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one of a kind fitness program that will blow you away. Our goal is simple: We want you to want work out, to love working out, and to get hooked. Zumba Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage & captivate for life!

### Zumba AM

When: Mon., Wed., and Fri.

Time: 9:15am–10:15am

Call Julie Mason at 505-480-0445 for more information.

### Zumba PM, Zumba Saturdays

When: Mondays 6pm-7pm

Saturdays 10:10am-11:10am

Call Marian Rodis at 505-286-1702 for more information.

### Flow Yoga

Vinyasa Yoga Flow is geared to relieve tension and heal your injuries. You will gain flexibility, balance, strength, feel more energized.

When: Tuesdays and Thursdays

Time: 9:00am– 10:00am

Cost: \$75 for 10 classes, \$9 drop in

For more information call Marie-Aude Preau at 505-407-4020.

### Therapeutic Yoga

Improve your sleep pattern, release anxiety, grief and sadness, recover from stress and body pains while strengthening your body.

When: Tuesdays

Time: 10:30am– 11:30am

Cost: \$75 for 10 classes, \$9 drop in Marie-Aude Preau at 505-407-4020.



## Fit After 50, Body Blast, Indoor Cycling, Strength

Becky MacGregor has combined all of these great programs into a convenient package. Allowing you to go to any of the classes for one price!

Fee: \$8.00/class, 10 pack for \$70.00 or buy a 20 pack for only \$100.00!

For more info call Becky MacGregor, NASM-CPT at (505) 286-1440 or cell (480) 540-3380

### Cycling/Strength

Burn calories, increase technique and cycling-specific fitness- with this indoor cycling class.

Regular strength training reduces body fat, increases muscle mass, improves functional strength and helps the body burn calories more efficiently. Weights and bands are used, modifications are shown.

When: Weds 5:45pm-6:45pm  
Fri 10:30am-11:30am

### Strength Express and Cardio Express

Regular strength training reduces body fat, increases muscle mass, improves functional strength and helps the body burn calories more efficiently. Weights and bands are used, modifications are shown.

When:  
Strength Express: Wed. 10:30am  
Cardio Express: Wed. 11am

**Strength Training:** Focus is on body weight strength, static and dynamic balance, core strength and flexibility. Bands and weights are used.

When: Mon. 10:30am

### Fit After 50

This course is designed for the more "progressive" population, but really any age is welcome to come get a nice abdominal, low back, balance and body-weight strength training workout. Focus will also be given to flexibility. Any level can participate, as progressions and modification will be shown.

When: Thurs. 10:30am-11:30am

### Indoor Cycling

Burn calories, increase technique and cycling-specific fitness- with this indoor cycling class.

Experienced instructors fuse awesome music and outdoor riding techniques for a sweat-driven workout. Advanced to beginner cyclists can take this class and get the individual exercised needed.

When: Mon. 5:45pm-6:45pm



## Bernalillo County East Mountain Youth Basketball League

For more information contact Bernalillo County Sports 505-314-0415.  
<http://bernco.gov/sports>



## San Antonito Elementary Basketball

Must be a student at San Antonito Elementary

505-281-3931



## Los Vecinos C.C. Jr. Wrestling

Registration:  
September to October

Registration fee \$80.00 includes singlet head gear and T-shirt

U.S.A. Wrestling dues are \$45.00 this fee will also cover the New Mexico Jr. Wrestling dues. This fee is separate from the \$80.00 registration fee and is cash or check made out to the head wrestling Coach Rick Cardwell

Assistant Coaches get the registration fee free but need to pay the USA Wrestling dues of \$45.00

Wrestlers are responsible for purchasing wrestling shoes, but we have a inter team shoe swap.

For more info call 505-314-0240 <http://bernco.gov/los-vecinos-community-center>



## YOUTH PROGRAMS



### Parky's Pals (4-5 year olds)

Parky's is a recreation program designed for children four and five year old minds and bodies. Your child will have fun participating in activities that vary from music, painting, arts and crafts, outdoor activities and field trips

When: Tuesdays, and Thursdays  
Time: 9:00 am -12:00 pm  
Fee: \$18.00/month, or \$115/year

Limited Registration

Lead Instructor: Angelia Jaramillo

Story time, coloring, social interaction, dance, music, Learning to share, counting, alphabet, playground time, show and tell, snack time, singing, games, explore

### After School Recreation

This is a recreational program where kids learn to develop social skills and group play. Kids will have great fun with arts and crafts, sports, field trips, movies, organized games, board games, video games, and homework time. Transportation is provided for San Antonito Elementary students.



Fee: \$312.00 for full school year  
\$131.00 for 12 weeks  
\$24.00 Wed. only for 12 weeks  
\$5.00 daily drop in fee (M, T, Th, F)  
\$10.00 drop in fee for Wednesdays  
\$50.00 transportation fee/ year

## WEIGHT ROOM AND CLASSES

### Hours of Operation

Sundays: 8am–12pm  
Mondays: 8am– 8pm  
Tuesdays: 7am–8pm  
Wednesdays: 8am–8pm  
Thursdays: 7am–8pm  
Fridays: 8am–8pm  
Saturdays: 10am–6pm



Bernalillo County's newest workout space, a 5,000 square foot, state of the art facility, with an aerobics room and a weight room that includes cardiovascular machines, machine weights and free weights.

### Weight Room Fees:

Annual Pass: \$200.00  
High School Pass: \$10 for 15 workouts  
Adult Pass 18-49: \$25 for 20 workouts  
Senior Citizen 50+: Free  
Veterans: Free  
Bernalillo County, City of Albuquerque, East Mountain High School Employees: Free

### Intro to the Gym

Not sure where to start or how to use all the new equipment? This class is for you. Small groups of 4-6 people will be instructed on proper use, safety and effective training styles on the new Life Fitness and Hammer Strength equipment.

Participants will be given hand-outs as a guide.

This is a one-time, one hour class.

Fee: \$15.00

Days and times vary dependent upon requests.

To register contact

Becky MacGregor, NASM-CPT at  
480-540-3380 or beckymacg@msn.com

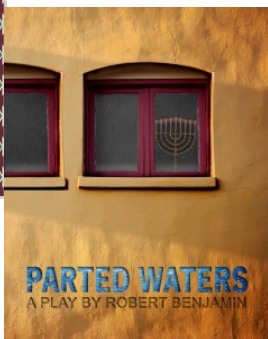


# PERFORMING ARTS



February  
8,9,10  
15,16,17

December  
7, 8,9  
14, 15, 16



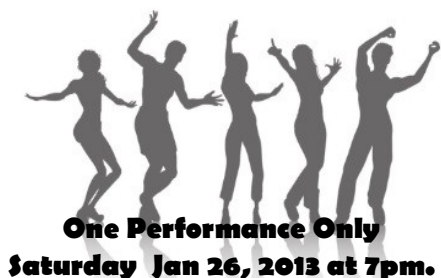
**East Mountain  
Centre for Theatre**  
The mission of the East  
Mountain Centre for  
Theatre is to entertain,  
inform, educate,  
inspire, nurture,  
challenge and empower  
artists and audiences of  
all ages.

Contact:  
505-286-1950  
emct@att.net  
<http://www.emct.org>

## Sandia Performing Arts Company, Inc.

A non-profit  
organization, based in  
Sandia Park and Tijeras  
was formed April of 2010  
for the residents of the  
great East Mountain  
community in New  
Mexico.

Contact:  
505-280-6373  
spacnm@gmail.com  
[http://  
sandiaperformingarts.com](http://sandiaperformingarts.com)



## YOUTH PROGRAMS

### Imagination Art Studio

Come to an exciting art class designed to inspire  
children to use their creativity and imagination.



Cost: \$80.00 + tax per 6 week session  
Instructor: Beverly Lazar, MA in Art Education  
Contact: 505-239-8301 or [blazer@higherspeed.net](mailto:blazer@higherspeed.net)



### Creative Writing Classes

Kids in grades 3-5 will participate in various creative  
writing exercises, learning how to develop setting,  
characters, plot and how to write poetry. We will  
also focus on punctuation and editing.

Cost: 125.00+ tax  
Instructor: Christine Fitzpatrick-Case  
Contact: 505-281-1434



### Tutoring

Time: varies  
Christine offers a personalized program to help children  
learn to read and write. Your child will strengthen their  
skills necessary to succeed in school and communicate  
effectively.

Instructor: Christine Fitzpatrick-Case  
Contact: 505-281-1434

### Drama Classes for Youth

Casting call for all actors and actresses! If you enjoy  
performing arts and want to learn more about it,  
this class is for you. (Runs during School year on  
Thursdays.)



Day: Thursdays  
Cost: \$100.00 for 10 classes  
Instructor: Catie Reardon (East Mountain Centre for Theater)  
Contact: 505-286-1950 or <http://emct.org>

## YOUTH PROGRAMS

### Hunter Education

Time: 8am-4pm

Cost: Free

Register online at

[http://www.wildlife.state.nm.us/education/hunter\\_ed/index.htm](http://www.wildlife.state.nm.us/education/hunter_ed/index.htm)

January 26 & 27

February 23 & 24

March 16th & 17th



### Boy Scouts/ Girl Scouts

Time: Varies

There are a number of Scout groups meeting at Vista Grande. For current Troops, Dens and info, contact us.

### Bricks 4 Kidz (Lego Club)

Time: Thursdays 4-5 pm (Session 1 Oct. 18- Nov 8)  
(runs every four weeks)

Cost: \$45.00 per session

Register online at [Bricks4kidz.com](http://Bricks4kidz.com)

Contact: Pat Masters 505-433-2330

[pmasters@bricks4kidz.com](mailto:pmasters@bricks4kidz.com)



## YOUTH PROGRAMS



### Karate

(Youth) Time: Tues/Thurs 4-4:50, 5-5:50 pm

Cost: \$ 48.15/mo. Or \$130.00/quarter +tax

(Adult) Time: Tues/Thurs 6:30pm-7:50pm

Contact: John Swenson 505-307-8212

Cost: \$52.99/mo. Or \$145.00/quarter +tax

Traditional Okinawan Karate -Emphasizing self confidence, respect and physical development.



### Basketball Skill Classes

Time: Saturdays, 2pm-4pm

Contact: John Terry 505-281-8021

Players receive training in speed and strength, dribbling, head fakes, shooting, passing, rebounding, spin and pin, backdoor cuts, rocker/ European steps and much more!

### Private Baseball Lessons

Time: Varies

Contact: Joe Kasper 505-410-2869

Private or Semi-private baseball lessons/ training for girls or boys. All ages and abilities welcome. Taught by former professional baseball player Joe Kasper, Exercise Physiologist.

